



5 Church St.
Webster, MA 01570
Phone: 508-949-3845
Fax: 508-949-3897
SeniorCenter@
webster-ma.gov

Monday--Friday
8:00 am-4:00 pm

Vice Chairman:
Betty LeFort
Secretary:
Dolores O'Donnell

COUNCIL MEMBERS

Stella Miller
Phyllis Romano
JoAnn Sadowski
Rose Silvestri
Joe Sokolowski
Barbara Steiger
Edward Szymczak
Sandra Walley

STAFF

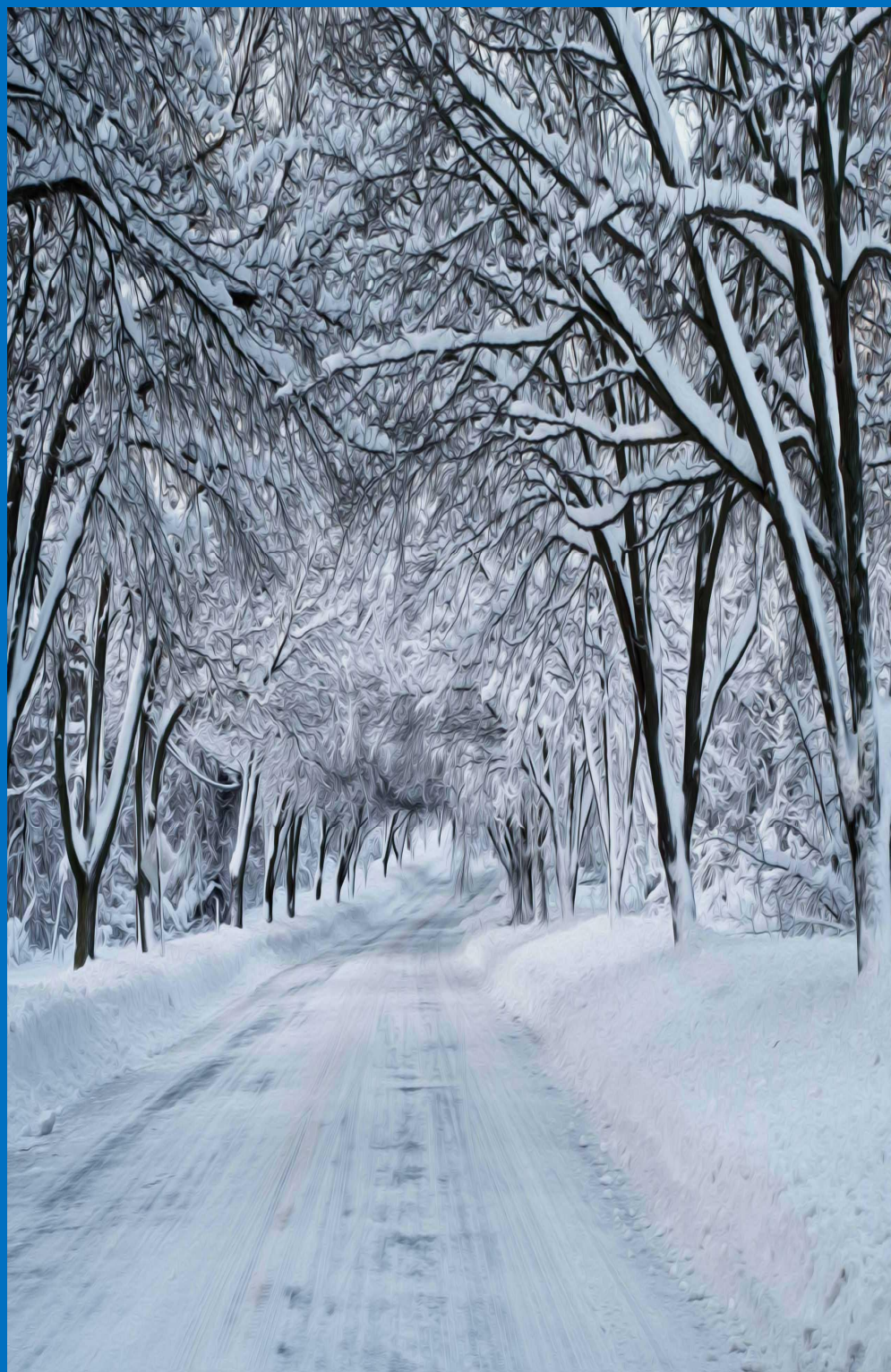
Jean Travis, Director
Val Leslie, Clerk
Kristen Zamis,
Program Director



January 2017

Sam Walley
Council On Aging Chairman

Jean Travis
Senior Center Director



DESSERT SOCIAL

Wednesday, January 4th
12:00 pm

Sponsored by
Life Care Center of Auburn

Find us on Facebook!

Like our Facebook page to see all our posts; photo's, news and announcements. Search for The **Webster Senior Center** on Facebook or visit www.webster-ma.gov. From Home Page click on Community Links then Senior Center. Click on FB icon to go directly to our Facebook page.

SOUP SOCIAL

**You bring a sandwich,
Christopher Heights will bring the soup!**
Monday, January 9
11:30 am

**Sign up at front desk or by calling
(508) 949-3845**



Get your tax documents ready! AARP volunteers will be at the Senior Center starting Wednesday, February 1st to prepare tax returns.

BY APPOINTMENT ONLY!
Please call (508) 949-3845 or stop by the front desk to schedule your appointment.

ICE CREAM SOCIAL

Thursday, January 12th
12:00 pm



Sponsored by Webster Manor

DESSERT SOCIAL

Friday, January 27th
12:00 pm



Sponsored by Salmon Health
& Retirement

ACTIVITY CALENDAR JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2) Senior Center Closed	3) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	4) 9:30 am Exercise Class 11:30 am Lunch 12:00 pm Dessert Social 1:00 pm Progressive Pitch	5) 9:30 am Line Dancing 11:30 am Lunch 1:00 pm 13-Card Pitch	6) 9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 pm Move While U Groove
9) 10:00 am Knitting/Crochet Social 1:00 pm Progressive Pitch	10) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	11) 9:30 am Exercise Class 11:30 am Lunch 1:00 pm Progressive Pitch	12) 9:30 am Line Dancing 11:30 am Lunch 12:00 pm Ice Cream Social 1:00 pm 13-Card Pitch	13) 9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 pm Move While U Groove
16) Senior Center Closed	17) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	18) 9:30 am Exercise Class 11:30 am Lunch 12:00 pm Birthday Cake 1:00 pm Progressive Pitch	19) 9:30 am Line Dancing 11:30 am Lunch 1:00 pm 13-Card Pitch	20) 9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 pm Move While U Groove
23) 10:00 am Knitting/Crochet Social 1:00 pm Progressive Pitch	24) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	25) 9:30 am Exercise Class 11:30 am Lunch 1:00 pm Progressive Pitch	26) 9:30 am Line Dancing 11:30 am Lunch 1:00 pm 13-Card Pitch	27) 9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 pm Move While U Groove
30) 10:00 am Knitting/Crochet Social 1:00 pm Progressive Pitch	31) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo			

January 2017

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
2 No Meals Served Webster Closed	3 Roast Turkey Gravy Mashed Potatoes Tuscan Vegetables Yogurt French Bread Cal:656 Fat:28% Na+:1025mg	4 Garlic Herbed Chicken Red Bliss Potatoes Winter Mix Vegetables Mixed Fruit Pumpkin Bread Cal:583 Fat:18% Na+:760mg	5 Pork Gravy Stuffing Brussels Sprouts Mandarin Oranges Whole Wheat Bread Cal:604 Fat:25% Na+:1052mg	6 Soup Du Jour Pastrami on Rye Coleslaw Yogurt
9 No Meals Served In Webster	10 High Sodium Meal Hot Dog * Baked Beans Pasta Salad Mixed Fruit Cal:863 Fat:32% Na+:1472mg	11 American Chop Suey Broccoli Pear Crisp Cal:599 Fat:23% Na+:536mg	12 Chicken w/ Asparagus Delmonico Potatoes Corn Fresh Fruit Cal:674 Fat:21% Na+:850mg	13 Soup Du Jour Roast Pepper Chicken Salad Pasta Salad
16 No Meals Served Webster Closed	17 Beef Jardiniere Mashed Potatoes Honey Glazed Carrots Peaches French Bread Cal:768 Fat:33% Na+:814mg	18 Lemon Thyme Chicken Sour Cream & Chive Potatoes Scandinavian Vegetables Fresh Fruit Cream of Carrot Soup Cal:761 Fat:23% Na+:859mg	19 Spaghetti & Meatballs Green Beans Baked Apples Italian Bread Cal:719 Fat:21% Na+:617mg	20 Soup Du Jour Corned Beef Coleslaw Fruit
23 No Meals Served In Webster	24 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit French Bread Cal:786 Fat:29% Na+:757mg	25 Meatloaf Gravy Garlic Mashed Potatoes Chuckwagon Corn Gingerbread Cal:925 Fat:34% Na+:1034mg	26 Hot Dog Bar Baked Beans Coleslaw Sauerkraut Chili / Cheese / Onions Cal:949-3845 48-hours in advance to reserve a meal. Menus Are Subject to Change	27 Soup Du Jour Roast Beef Bean Salad Yogurt
30 No Meals Served In Webster	31 Vegetable Cheese Bake* Roman Vegetables Peas Strawberries French Bread Cal:632 Fat:41% Na+:1086mg	<p>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.</p>		

Na+ = Sodium

mg = milligrams

*Indicates higher sodium entrees >500mg

High Sodium Meal = >1200mg

Breakdowns include 125mg Na+ for milk

WEDNESDAYS
Free Low Impact Exercise
9:30—10:30 a.m.

FITNESS INSTRUCTOR
Forty Arroyo



THURSDAYS

LINE DANCING
9:30—11:00 a.m.
COST: \$3.00

FRIDAYS

CHAIR DANCING
10:00—11:00 a.m.
COST: \$3.00

MOVE WHILE YOU GROOVE
1:00—2:00 p.m.
COST: \$3.00

Free Blood Pressure
 Screening on
 Thursday,
 January 12th
 at 10:30 a.m.
 Sponsored by
 Webster Manor.



A Fallon Health Insurance representative will be at the Senior Center on the following dates to answer any health insurance questions you may have.

Wednesday, January 11th at 10:00 am
 Wednesday, February 8th at 10:00 am
 Wednesday, March 8th at 10:00 am

TRI-VALLEY ELDER SERVICES
SHINE/OPTIONS COUNSELOR IS AT
THE SENIOR CENTER ON TUESDAY,
JANUARY 3RD FROM 9:30—11:00
A.M. BY APPOINTMENT ONLY.
PLEASE CALL (508) 949-3845 OR
STOP BY FRONT DESK TO SCHEDULE
AN APPOINTMENT.

Now that winter is here, please keep
in mind that should we have
inclement weather ...



IF WEBSTER PUBLIC SCHOOLS ARE
CLOSED, THE SENIOR CENTER
WILL BE CLOSED FOR ALL ACTIVITIES.



Tri-Valley hot lunches are served every
 Tuesday, Wednesday, and Thursday.
 Friday lunches are soup and sandwiches.
 All meals served promptly at 11:30 a.m.
Please call (508) 949-3845 48-hours in
advance to reserve your meal or to
cancel a reserved meal.

Suggested donation: \$3.00

SCM ELDERBUS

124 Southbridge Rd.
Charlton MA 01507
1-800-321-0243

Out of Town Medical

Wed., Thurs., Fri.
Worcester / Auburn
10:00 am—12:00 pm
12:00 pm—2:00 pm
Other Out of Town 9:30 am—2:00 pm



FARE \$1.25

In Town M-F
Medical & Work
First Pick Up 8:30 am
days before
Last Pick Up 3:30 pm

General Business

First Pick Up 8:30 am
Last Pick Up 3:15 pm
Call for trips 2 business

JANUARY BIRTHDAYS

Bernard Albetski · Roger Berthiaume
Lisa Brown · Lenore Dragon
Rita Gajewski · Helen Kesner
Barbara LaMountain · Frances Lavallee
Jeannette Lavallee · Robert Lilla
Maryann Richard · Lorraine Sharples
Joseph Sokolowski · Mike Sterczala
Jeannette Worrick

Come Celebrate January Birthdays!

Wednesday, January 18th

12:00 pm

**Sponsored by Brookside Rehabilitation
& Healthcare Center**

JANUARY REMINDER!

**THE WEBSTER SENIOR CENTER
WILL BE CLOSED ON
MONDAY, JANUARY 2ND IN
OBSERVANCE OF NEW YEAR'S DAY.**



**SENIOR CENTER WILL ALSO BE
CLOSED ON MONDAY, JANUARY 16TH
IN OBSERVANCE OF
MARTIN LUTHER KING, JR. DAY**

SENIOR CENTER PRAYER

Grant me the senility to forget the people
here I don't like, the good fortune to run
into the ones that I do,
and the eyesight to notice
the difference!

CHERYL SUPRENANT ART CLASS

FRIDAY, JANUARY 6

9:30—11:00 a.m.

Cost: \$8.00



Paint a charming ceramic votive house.

**Sign up at front desk
or call (508) 949-3845**

*Please patronize our
advertisers and don't forget to
tell them you saw their ad in
the Webster Senior Center
newsletter!*

Art Class with Linda Littleton

**Wednesday, January 11
Wine Glasses**

**Wednesday, January 25
Water Color & Ink**

Classes are held from 9:00—11:00 am

Cost: \$10.00 per class

(Includes instructor & all supplies)

Sign up at front desk or call (508) 949-3845